High Point Parks & Recreation Roy B. Culler, Jr. Senior Center 921 Eastchester Drive, Suite 1230 High Point, N.C. 27262 336. 883.3584 www.highpointnc.gov/pr

November 2022





AP - Armstrong Park





Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Drop-in Activities Open Walking, Monday - Friday 9 a.m 4 p.m. Billiards, Monday - Friday 9 a.m 5 p.m. Computer Lab, Tuesday - Friday 9 a.m 5 p.m. Media Center, Monday - Friday 9 a.m 5 p.m.	9:00 a.m. Beginners Ballet \$ 10:00 a.m. Cultural Chair Dancing with Health Team Advantage 10 a.m. Temple Theatre Trip 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors – MH 2 p.m. Active Living Everyday 2:30 Pickleball for Beginners \$ MH 4 p.m. Knitting & Crochet 5 p.m. Line Dancing 6 p.m. Chair Volleyball	8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball	9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Thanksgiving Take- Home Boxed Lunch \$ & Live Entertainment sponsored by HealthTeam Advantage 11 a.m. Yoga \$ - OV 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors – MH	8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Virtual AARP Workshop Series for the Community: Brain Health 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball
Ping-Pong, Monday - Friday 9 a.m 5 p.m.	6:30 p.m. Cornhole 6:30 Cheerleading Senior Games Early Registration November 1 - January 31 \$10 per person		3 p.m. Pilates Mat \$	
7	8	9	10	11
8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 1 p.m. Tablet Class \$ 2 p.m. Chair Volleyball 2 p.m. Bowling \$ 3:p.m. Streaming Basics \$ 6 p.m. Cheerleading Practice - DR	9: 00 a.m. Beginners Ballet \$ 10:00 a.m. Cultural Chair Dancing with Health Team Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors – MH 2 p.m. Active Living Everyday 2:30 Pickleball for Beginners \$- MH 4 p.m. Knitting & Crochet 6 p.m. Chair Volleyball 6:30 p.m Cornhole 6:30 p.m. Cheerleading Practice	8:30 a.m. Boot Camp \$ 9 a.m. Wohlfahrt Theatre Trip, Christmas Show \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball	9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Yoga \$ 1 p.m. Medicare Simplified by Senior Resources of Guil- ford, SHIP 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors – MH 1:30 p.m. Mystery Stories & Literary Hour 3 p.m. Pilates Mat \$	Senior Center closed to observe Veterans Day
14	15	16	17	18
8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 1 p.m. Tablet Class \$ 2 p.m. Chair Volleyball 2 p.m. Bowling \$ 2 p.m. Bowling \$ 3:p.m. Streaming Basics \$ 6 p.m. Cheerleading Practice - DR	9 a.m. Veterans Take-home Breakfast 9: 00 a.m. Beginners Ballet \$ 10:00 a.m. Cultural Chair Dancing with Health Team Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors – MH 2 p.m. Active Living Everyday 2:30 Pickleball for Beginners \$-MH 4 p.m. Knitting & Crochet 6 p.m. Chair Volleyball 6:30 p.m Cornhole	8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 11.a.m. Take home Lunch & Learn in-person education, sponsored by Health Team Advantage: Diabetes Care 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball	9:15 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 10:30 a.m. Southern Supreme Fruitcake Company Trip \$ 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors – MH 1:30 p.m. Mystery Stories & Literary Hour	8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball
	6:30 p.m. Cheerleading Practice		Samuel Control of the	
21 & 28	22& 29	23 & 30	24	25
3:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 1 p.m. Tablet Class \$ (21) 2 p.m. Chair Volleyball 6 p.m. Cheerleading Practice - DR	9: 00 a.m. Beginners Ballet \$ (22) 10:00 a.m. Cultural Chair Dancing with Health Team Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors – MH 2 p.m. Active Living Everyday 2:30 Pickleball for Beginners \$ - MH	8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball	Senior Center Closed to observe Thanksgiving Holiday	Senior Center Closed to observe Thanksgiving Holiday
5 p.m. Cheerleading Fractice - DR	4 p.m. Knitting & Crochet 5 p.m. Line Dancing 6 p.m. Chair Volleyball 6:30 p.m. Cornhole 6:30 p.m. Cheerleading Practice			

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Off-Site Locations:

DR - Deep River Recreation Center MH - Morehead Recreation Center OV - Oakview Recreation Center HPAC - Aderholdt Track BPGC - Blair Park Golf Course

- MH

Closed

to observe

Christmas Holiday

4 p.m. Knitting & Crochet

5 p.m. Line Dancing

6:30 p.m.. Cornhole

6 p.m. Chair Volleyball

December 2022









[f] [s] WTP - Washington Terrace Park AP - Armstrong Park Mon Tue Wed Thu Fri 2 1 **Drop-in Activities Drop-in Activities** Holiday Open House 8:30 a.m. Boot Camp \$ 9:15 a.m. Social Bridge Friday, December 2, 1-3 p.m. Open Walking, Monday -9:30 a.m. Knitting & Crochet 10 a.m. AHOY Exercise Open Walking, Tuesdays, 5:30 - 8 p.m. Friday, 9 a.m. - 4 p.m. Live entertainment will be 10 a.m. Temple Theater Trip 1 p.m. Holiday Open House 1 p.m. Virtual AARP Workshop provided by 10 a.m. Bid Whist - WTP Billiards, Tuesdays, Billiards, Monday -Series: Living Longer, Living the Rob Massengale Trio. 11 a.m. Yoga \$ Friday, 9 a.m. - 5 p.m. Smarter 5 - 8 p.m.Refreshments sponsored by 1 p.m. Art Class II 1 p.m. Putt-Putt \$ Computer Lab, Tuesday -Computer Lab, Tuesdays 1 p.m. Triple Play Canasta 1 p.m. Pinochle **Brookdale Senior Living** Friday, 9 a.m. - 5 p.m. 5 - 7:45 p.m. 1 p.m. Pickleball for Seniors -2 p.m. Chair Volleyball Please register at the Senior Center Media Center, Tuesdays Media Center, Monday -1:30 p.m. Listen Up! Mystery or call 336.883.3584. Friday, 9 a.m. - 5 p.m. 5:30 - 8 p.m. Stories & Literary Hour, read by NC Reading Service Ping-Pong, Tuesdays Ping-Pong, Monday -3 p.m. Pilates Mat \$ 5:30 - 8 p.m. Friday, 9 a.m. - 5 p.m. 8 9 9:15 a.m. Social Bridge 9 a.m. Beginners Ballet \$ 8:30 a.m. Boot Camp \$ 8:30 a.m. Boot Camp \$ 8:30 a.m. Virtual Morning Exercise 10:30 a.m. Senior Class Chorus 9 a.m. Wohlfahrt Theatre 10 a.m. AHOY Exercise 9:30 a.m. Knitting & Crochet Drills 9:30 a.m. Blood Pressure Checks 1 p.m. Samba Card Game 1 p.m. Bingo \$ 10 a.m. Bid Whist - WTP **Trip, Christmas Show \$** 10 a.m. AHOY Exercise 1 p.m. Pickleball for Seniors - MH 1 p.m. Mahjong 11 a.m. Yoga \$ - OV 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 2 p.m. Active Living Everyday 1:30 p.m. Art Class 1 p.m. Art Class II 11 a.m. Ladies Lunch \$ 1 p.m. Triple Play Canasta 4 p.m. Knitting & Crochet 2 p.m. Chair Volleyball 1 p.m. Putt-Putt \$ 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Pinochle 1 p.m. Legal Aid - by appt. 5 p.m. Line Dancing 6 p.m. Chair Volleyball 1 p.m. Ladies Lunch \$ 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 6:30 p.m.. Cornhole 1:30 p.m. Mystery Stories & 2 p.m. Chair Volleyball 6 p.m. Cheerleading Practice - DR Literary Hour 3 p.m. Pilates Mat \$ *12* 13 *15 16* 9 a.m. Beginners Ballet \$ 8:30 a.m. Virtual Morning Exercise 8:30 a.m. Boot Camp \$ 8:30 a.m. Boot Camp \$ 9:15 a.m. Social Bridge Drills 10:30 a.m. Senior Class Chorus 10 a.m. AHOY Exercise 9:30 a.m. Knitting & Crochet 10 a.m. AHOY Exercise 9:30 a.m. Blood Pressure Checks 1 p.m. Samba Card Game 1 p.m. Bingo \$ 10 a.m. Temple Theater Trip 1 p.m. Putt-Putt \$ 10 a.m. AHOY Exercise 1 p.m. Pickleball for Seniors - MH 1 p.m. Mahjong 1 p.m. Pinochle 10 a.m. Bid Whist - WTP 10:30 a.m. Southern Supreme 2 p.m. Active Living Everyday 1:30 p.m. Art Class 2 p.m. Chair Volleyball Fruitcake Company Trip \$ 2:30 p.m. Pickleball for Beginners \$ 11 a.m. Yoga \$ 2 p.m. Chair Volleyball 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Triple Play Canasta 4 p.m. Knitting & Crochet 1 p.m. Legal Aid - by appt. 5 p.m. Line Dancing 1 p.m. Pickleball for Seniors -6 p.m. Chair Volleyball 2 p.m. Bowling \$ MH 2 p.m. Chair Volleyball 6:30 p.m.. Cornhole 1:30 p.m. Mystery Stories & Cheerleading Practice Literary Hour 19 *20 21 22* 9:15 a.m. Social Bridge 8:30 a.m. Boot Camp \$ 8:30 a.m. Virtual Morning Exercise 9 a.m. Beginners Ballet \$ 9:30 a.m. Knitting & Crochet Drills 10:30 a.m. Senior Class Chorus 10 a.m. AHOY Exercise 10 a.m. Bid Whist - WTP 9:30 a.m. Blood Pressure Checks 1 p.m. Samba Card Game 11 a.m. Take-home Lunch and 10 a.m. AHOY Exercise Learn with in-person 1 p.m. Pickleball for Seniors - MH 11 a.m. Yoga \$ education, sponsored by 1 p.m. Art Class II 11 a.m. Yoga \$ 2:30 p.m. Pickleball for Beginners \$ 1 p.m. Triple Play Canasta 1 p.m. Triple Play Canasta - MH HealthTeam Advantage: Senior Center 1 p.m. Legal Aid - by appt. 1 p.m. Pickleball for Seniors -4 p.m. Knitting & Crochet Controlling Blood Pressure and 5 p.m. Line Dancing Osteoporosis 2 p.m. Bowling \$ Closed 6 p.m. Chair Volleyball 1:30 p.m. Mystery Stories & 2 p.m. Chair Volleyball 1 p.m. Bingo \$ Literary Hour to observe 6 p.m. Cheerleading Practice - DR 6:30 p.m.. Cornhole 1 p.m. Mahjong Hanukkah begins 12/18 Christmas Holiday 1:30 p.m. Art Class 2 p.m. Chair Volleyball 27 28 29 30 *26* 8:30 a.m. Boot Camp \$ 9:15 a.m. Social Bridge 8:30 a.m. Boot Camp \$ 9 a.m. Beginners Ballet \$ 10 a.m. AHOY Exercise 9:30 a.m. Knitting & Crochet 10:30 a.m. Senior Class Chorus 10 a.m. AHOY Exercise 10 a.m. Bid Whist - WTP 1 p.m. Bingo \$ 1 p.m. Putt-Putt \$ 1 p.m. Samba Card Game 1 p.m. Mahjong 11 a.m. Yoga \$ 1 p.m. Pinochle 1 p.m. Pickleball for Seniors - MH 1:30 p.m. Art Class 1 p.m. Art Class II 2 p.m. Chair Volleyball 2:30 p.m. Pickleball for Beginners \$ Senior Center

2 p.m. Chair Volleyball

1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors -

1:30 p.m. Listen Up! Mystery

Stories & Literary Hour

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New Year's holidays